

NOVEMBER/DECEMBER 2024

**23USMB23 — NUTRITION AND HEALTH  
HYGIENE (SEC II)**

Time : Three hours

Maximum : 75 marks

**SECTION A — (10 × 2 = 20 marks)**

Answer ALL questions.

1. Quote the dietary sources of zinc.
2. Define carbohydrates.
3. What kind of food should be avoided during pregnancy?
4. Mention the energy needed by adolescent females.
5. Give consequences of under-nutrition.
6. Define obesity.
7. State any two National health policies provided by Indian Govt.
8. Brief the term public health.
9. Define community medicine.
10. What is mean by Personal Hygiene?





SECTION B — (5 × 5 = 25 marks)

Answer ALL questions.

11. (a) Discuss the functions of lipids.

Or

- (b) List the source, biological action and deficiency states of water-soluble vitamins.

12. (a) Give the balanced diet values for Pregnant and lactating women.

Or

- (b) Brief the Nutritive value of Indian foods with five examples.

13. (a) Explain the cause, symptoms, complications and control of obesity.

Or

- (b) Give an account on hypertension.

14. (a) Highlight the Principles and Strategies Health-Education.

Or

- (b) Mention the significance of Health Policy provided by Govt. of India.

15. (a) Specify the values of Nutritional committee.

Or

- (b) Give an account on culinary hygiene.

SECTION C — (3 × 10 = 30 marks)

Answer any THREE questions.

16. Give an account on macronutrients.

17. Discuss the Balanced diet requirement for Infancy, young children Adolescents adults.

18. Explain the cause, symptoms, complications and control of Diabetes.

19. Discuss the principles and strategies of Health-Education.

20. Elaborate the methods and importance of Environmental Sanitation.

